



PRINTABLE MEAL PLAN

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WEEK 1	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SUPPLEMENTS
MONDAY	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 SMALL APPLE 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES
TUESDAY	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 SMALL APPLE 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES
WEDNESDAY	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 SMALL APPLE 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES
THURSDAY	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 SMALL APPLE 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES
FRIDAY	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 SMALL APPLE 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES
SATURDAY	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 SMALL APPLE 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES
SUNDAY	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 SMALL APPLE 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 BANANA 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES	1 CUP SPINACH 1/2 CUP HONEYDEW MELON 1/2 CUP 1/2 CUP BLUEBERRIES

**3 WEEKS OF
MEALS TO GET
MAX RESULTS**

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Insanity Workout Diet Guide

Mark Steyvers

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web sep 19 2017 2 sheets of aluminum foil 5 5 inches in length each 1 container that can hold 3 5 inches of water several paper towels or rags that can be placed under the container 15 pennies one copy of the aluminum boats student activity guide

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